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EC9920 Sup Preparation, Storage and Use of Frozen Foods

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PREPARATION, STORAGE AND USE OF FROZEN FOODS
(Supplementary material to be used with circular 9920)

General Principles of Freezing

I. Advantages and disadvantages of using freezer lockers (page 1, circular 9920).
   A. Less time and effort is required to prepare the food right before a meal.
   B. Meats and vegetables must be overcooked by canning in order to insure keeping. (Jars hard to wash).
   C. The preliminary preparation of the foods for freezing or canning requires about the same amount of time.

II. Food must be in good condition before it is put into the locker in order to have a good product at the time it is consumed.
   A. Put food into locker in its prime
      1. Vegetables and fruit need to be put into the locker when just at their proper stage of maturity.
      2. Poultry may be fattened at one time and a quantity put into the locker at one time.

III. To keep frozen food similar in quality to fresh foods it is necessary to keep the moisture in and the air out (page 2, circular 9920)

IV. Temperature (page 3, circular 9920)
   A. Freezing
      1. Vegetables should be frozen in sharp freezer at 0° F. or below
      2. Fruits can vary from 0° to 15° F.
      3. Meat should be frozen at 0° F. or below
      4. A sharp freeze room is desirable to insure quick freezing. If a sharp freezer is not available scatter the food and use a fan to blow warm air off.
   B. Storage
      1. Temperature fluctuations in a freezer locker affect the quality of frozen vegetables to a greater extent than fruits or meats.
      2. Meats may be safely kept at temperatures ranging from 10° to 15° F.

V. Fruit juice and tomato juice may be frozen but for most juices this process is not perfected to give a product equivalent to fresh juices. (Exceptions are cider, cherry and pineapple juices)

VI. Containers (page 2, circular 9920)
   A. Size and shape
      1. Should be a size that meets the needs of the family
      2. Average size containers (pints or quarts) best for a quick freeze
         a. Square containers save space in locker.
   B. Kinds (page 2, circular 9920, for discussion of containers)
      1. Glass
      2. Tin
         a. No harm in using unlacquered cans as they merely cause a change of color.

3. Fiberboard
   a. Necessary that they be moisture proof
   b. May line with water proof cellophane bags that can be sealed with hot iron.
      1. Juices on fruits will not freeze solid even at very low temperature

Freezing Fruits, Vegetables and Meats

I. Varieties of vegetables and fruits most suited to freezing
   A. Refer to page 4, circular 9920, for vegetable varieties
   B. For fruits, these varieties are recommended
      1. Cherries--Montmorency, Early Richmond, English Morello
      2. Strawberries--Senator Dunlap, Beaver, Blakemore, Premier, Wayseta (everbearing)
      3. Plums--Damson, Omaha, Wauneta
      4. Gooseberries--Carrie, Downing, Champion
      5. Peaches--Elberta, Champion, Hale Haven, Rochester
      6. Apricots--Blenheim, Moorpark
      7. Rhubarb--Ruby, McDonald, Linnaeus
      8. Raspberries--Lanthanchief, Cumberland

II. Method of preparation of fruits (page 3, circular 9920)
   A. Clean and rinse as for table use
   B. Three methods may be used
      1. Pack in 40% to 60% sirup
      2. Add sugar to juicy fruits (1 part sugar to 3 parts fruit)
      3. Dry pack

III. Method of preparation of vegetables for freezing (page 3, circular 9920)
   A. Clean and rinse as for table use
   B. Scalding temperature used for all vegetables

IV. Preparation of meats, fish and poultry
   A. Slaughter when in prime condition
   B. Insure cleanliness by having clean hands, utensils, clothing, and equipment
   C. Fish may be glazed after freezing to prevent drying out
      1. Dip quickly into very cold water and put into sharp freezer

Preparing Frozen Foods for the Table

I. Cooking frozen vegetables (page 6, circular 9920)
   A. Thawing
      1. Frozen vegetables may be thawed before cooking but now recommend putting frozen vegetables into boiling water
         a. Use as small amount of water as possible
         b. Count time when water boils again
         c. No published times as yet. Approximately 2/3 of the time needed for cooking fresh vegetables
         d. Leave cover on until begins to boil, then remove cover to prevent discoloration.
         e. Add salt at beginning or when vegetable is half done.

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B. Care in handling frozen foods after removal
   1. Refrigeration is desirable
      a. Frozen vegetables keep as long as cooked ones
         1. Will keep 2 days at 40° F. and only 24 hours at 70° F.
   2. Insulated box may be improvised
      a. For use when taking food from locker to home
      b. May help preserve food taken from locker when no refrigeration is available

II. Serving frozen fruit
   A. Frozen fruits will be similar to fresh unfrozen fruits that have stood in sugar
   B. Frozen fruits most palatable when served containing a few ice crystals

III. Cooking frozen meats
   A. Thawing vs. not thawing
      1. No difference in flavor
      2. Do not thaw in water
      3. When not thawed, extra time needed for cooking
      4. Most satisfactory to thaw in refrigerator a day or two. Cook as quickly as possible after it has been thawed.
      5. Meat taken from locker must be carefully handled as it will spoil easily
         a. We keep fresh meat at 40° to 50° F.
         b. Frozen meat after thawing spoils more readily than fresh meat not frozen
   B. Times for cooking
      1. Boned rib roast requires 20 minutes more per pound when cooked before thawing (35 and 33 min.)
      2. Roast without bones requires longer cooking time than with bones (10 to 15 min. longer per pound)
      3. Shape of roast influences cooking time. Time depends on shortest distance to center.
      4. Use of meat thermometer
         a. Make hole in meat with skewer
         b. Insert thermometer in largest or thickest part of meat to center
      5. Cook frozen steaks and chops approximately twice as long as fresh unfrozen ones.

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